



DECEMBER 2018 LUNCH MENU

CARTER BURDEN/ROOSEVELT ISLAND SENIOR CENTER (546 MAIN ST.)

LUNCH SERVED AT 12PM

PHONE: 212-980-1888

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Sweet & Sour Pork Pasta, Veggies, Fruit, Juice, Milk</p>	<p>4</p> <p>Chicken w/ Black Bean Sauce. Rice, Bread, Veggies Fruit, Juice, Milk</p>	<p>5</p> <p>Beef Stew Egg Noodles, Veggies, Fruit, Juice, Milk</p>	<p>6</p> <p>Hawaiian Chicken Mashed Sweet Pot, vegeta- bles, Bread, Fruit, Juice, Milk</p>	<p>7</p> <p>Fish w/ Creole Sauce Pasta, steamed kale Fruit, Juice, Milk</p>
<p>10</p> <p>Chicken Stir Fry Brown Rice, Veggies, Fruit, Juice, Milk</p>	<p>11</p> <p>Stewed Pork Chops Baked Pot, Veggies, Fruit, Juice, Milk</p>	<p>12</p> <p>Baked Turkey Breast Sweet Pot, vegetables, Bread, Fruit, Juice, Milk</p>	<p>13</p> <p>Teriyaki Baked Fish Rice Pilaf, Veggies, Fruit, Juice, Milk</p>	<p>14</p> <p>Garlic Chicken Rice with veggies, bread, Fruit, Juice, Milk</p>
<p>17</p> <p>Baked Chicken Roasted Pot. Bread, Veggies, Fruit, Juice, Milk</p>	<p>18</p> <p>Beef & Broccoli Yuca, Bread, Veggies Fruit, Juice, Milk</p>	<p>19</p> <p>Chicken Teriyaki Rice, Veggies, Bread, Fruit, Juice, Milk</p>	<p>20</p> <p>BBQ Pork Baked Sweet Pot., Veggies Bread, Fruit, Juice, Milk</p>	<p>21</p> <p>Fish Fillets Veggies, Bread, Fruit, Juice, Milk</p>
<p>24</p> <p>Beef Brisket Mashed Pot, Bread, Veggies Fruit, Juice, Milk</p>	<p>25</p> <p style="text-align: center;">CLOSED</p>	<p>26</p> <p>Roast Pork Cous Cous, Bread, veggies, Fruit, Juice, Milk</p>	<p>27</p> <p>Curried Chicken Black Beans & Rice, Bread, veg- gies, Fruit, Juice, Milk</p>	<p>28</p> <p>Fish w/ Creole Sauce Rice, bread, spinach Fruit, Juice, Milk</p>
<p>31</p> <p>Turkey & Gravy Garlic pot, bread, Veggies Fruit, Juice, Milk</p>				